



Post-Op Instructions After Crown and Bridge Appointments

Crown and Bridges usually take two appointments to complete. On the first appointment the teeth are prepared. temporary crowns and bridges are placed to protect the teeth while the custom restoration is being made. After each appointment when anesthetic has been used, your lips, teeth and tongue may feel numb for several hours after the appointment. Avoid any chewing until the numbness has completely worn off.

A 'temporary' is a filling or a crown that is placed until the permanent filling or crown is made and ready to be placed. It is normal for the gum around your tooth to be a little sore when the anesthesia wears off. This will disappear by tomorrow. Rinse 3 times a day with warm salt water to reduce pain and swelling. Do your best to chew on the opposite side until your next appointment. Avoid chewing hard foods, and sticky foods (especially gum) since it can sometimes dislodge the temporary.

It is not uncommon to have the following reactions or problems with the temporary:

It feels rough: Please call us if it is making the tongue sensitive.

It came off: This is probably the most common problem. It is supposed to come off easily and some foods will help in this. Stay away from sticky foods or gum. It is important for it to be there, so call us and we can recement it. You could also put it back in with a denture adhesive until you can come in.

It feels high: Come in so we can adjust it. You can bruise the tooth if it is high.

It's not how I want the permanent to look: Don't worry, the permanent will look much better! The shape and shade will match your other teeth.

It is sensitive: The temporary will not always fit as well as the permanent will, so it may be some occasional sensitive to hot, cold, and/or chewing. If it is too uncomfortable, please call. Prolonged or extreme sensitivity may require root canal therapy.

The temporary is very important. It protects the exposed dentin so it is not sensitive, prevents food from gathering in the preparation, and prevents the prepared tooth from shifting and moving, making the seating of the permanent more difficult. You can brush your teeth and the temporary as you do daily. If you need to floss, after pushing the floss towards the gums, pull the floss through the contacts from the side instead of pulling it upward. This will prevent the temporary from coming off.

Please report any lingering discomfort since anytime a natural tooth is worked on, there is a possibility of the need for future root canal therapy. It is impossible to predict a tooth's response. If you have any questions or concerns, please feel free to call us.